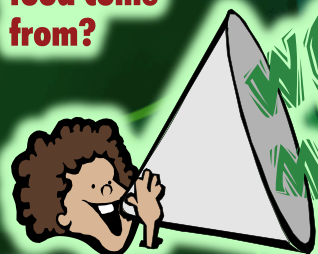


Menus for December 2024

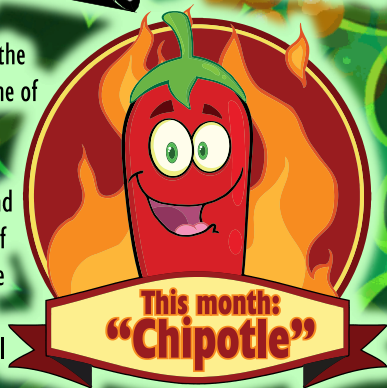
CNMI Public School System, Child Nutrition Program

This institution is an equal opportunity provider. Menus are subject to change.

Where do all of our crazy names for food come from?



Before it was the familiar name of a popular eating establishment, “chipotle” was (and still is) the name of a kind of food. The word is a Spanish version of a Central Mexican Native word, “chilpocli,” which means “smoked chili” -- and that’s exactly what chipotles are. Some of the green jalapeños are left on the vine to turn deep red and become somewhat shriveled, like grapes turning into raisins. These super ripe peppers are then put in a chamber and wood-smoked until nearly all the moisture is gone. Chipotles lend a smoky, medium-spicy flavor to soups, bean dishes, sauces, and rubs.



D.I.Y. VACCINATION.



It's the do-it-yourself vaccine that can help keep you healthy! Regular handwashing is a simple, effective way to keep the germs away and keep you on your feet. Plain soap and warm water work just fine!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

NUTRITION TO GO

Throughout the year (and especially during the holidays) try to make sure your family meals start with high-fiber and low-calorie raw veggies, salad, or broth-based soup. You'll feel fuller and eat less of the heavier, less healthy stuff for dinner. All of these things take some time to eat, too, giving your stomach time to catch up to your eyes!

A QUICK BITE FOR PARENTS

Monday, December 2

Breakfast
Assorted Cereal
Fruit

Lunch
Buffalo Chicken Wrap
Corn Succotash
Fruit

Tuesday, December 3

Breakfast
Garlic Fried Rice
with Chicken Nuggets
Fruit/Fruit Smoothie

Lunch
Sloppy Joes
Broccoli
Sweet Potato Fries
Fruit

Secondary Second Choice

Taco Salad
Lentil Taco Meat/Lentils
WGR Tortilla/Tortilla Chips
Fruit

Wednesday, December 4

Breakfast
Mac & Cheese
Fruit/Fruit Smoothie

Lunch
Pork Curry
Steamed Rice
Potatoes
Carrots
Fruit

Secondary Second Choice

Chicken Pancit Canton
Carrots & Cabbage
Fruit

Thursday, December 5

Breakfast
Ham & Egg Scramble
with Steamed Rice
Fruit/Fruit Smoothie

Lunch
Pepperoni Pizza
Green Salad with Cucumbers
& Dressing
Lentils
Fruit

Secondary Second Choice

Taco Salad
Lentil Taco Meat/Lentils
WGR Tortilla/Tortilla Chips
Fruit

Friday, December 6

Breakfast
Pancakes with Syrup
Bacon
Fruit

Lunch
Chicken Adobo
Steamed Rice
Pumpkin & Local Vegetables
Flavored Milk
Fruit

Secondary Second Choice

Kimchi Fried Rice
w/ Chicken Bowl
Pumpkin & Local Vegetables
Fruit

Monday, December 9

Constitution Day
No Public School

Breakfast
Assorted Cereal
Fruit

Lunch
Thai Beef Noodle Bowl
Red Bell Peppers
Mixed Vegetables
Fruit

Tuesday, December 10

Breakfast
Ham & Cheese Roll
Fruit/Fruit Smoothie

Lunch
Marianas BBQ Burger
Sandwich Sides
Potato Wedges
Fruit

Secondary Second Choice

Vegilicious Salad
Ham/Hard Boiled Eggs
WGR Penne Pasta
Fruit

Wednesday, December 11

Breakfast
Breakfast Burrito
Fruit/Fruit Smoothie

Lunch
Korean Braised Beef
Broccoli & Onions
Steamed Rice
Carrots
Fruit

Secondary Second Choice

Chicken Kelaguen w/ Titiyas
Carrot Sticks & Cucumber Sticks
w/ Dip
Fruit

Thursday, December 12

Breakfast
Fried Rice with Portuguese Sausage
Fruit/Fruit Smoothie

Lunch
Chicken Cacciatore
WGR Roll
Garden Salad w/ Tomatoes &
Dressing
Spanish Chickpeas
Fruit

Secondary Second Choice

Vegilicious Salad
Ham/Hard Boiled Eggs
WGR Penne Pasta
Fruit

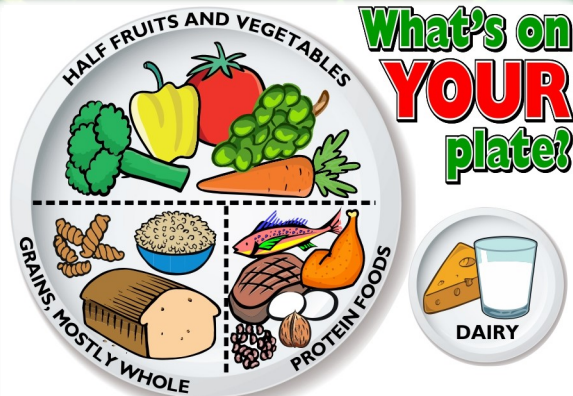
Friday, December 13

Breakfast
French Toast w/ Syrup & Sausage
Fruit

Lunch
Kung Pao Chicken
Steamed Rice
Sesame Broccoli & Local Vegetables
Flavored Milk
Fruit

Secondary Second Choice

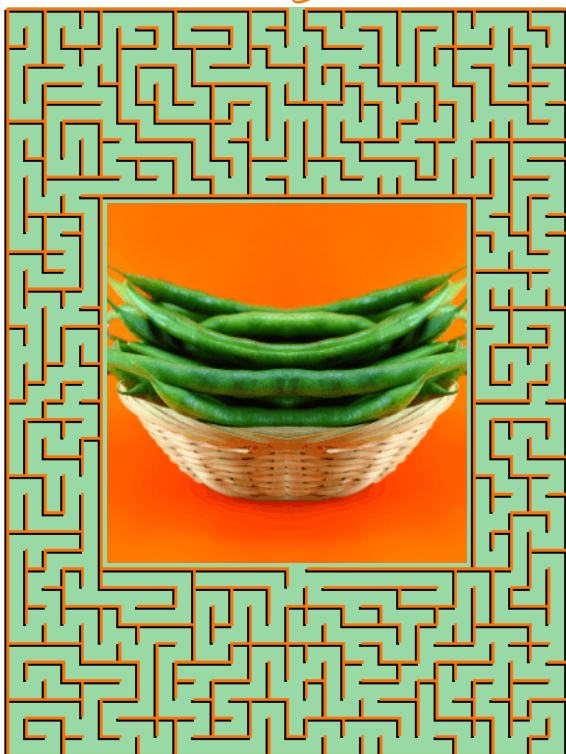
Beef Broccoli
Steamed Rice
Bean Sprouts
Fruit



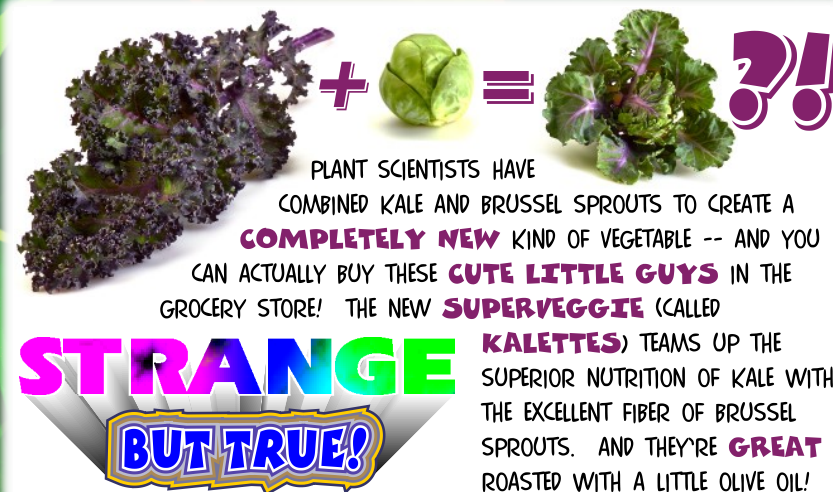
Set the beans free!

Green Beans are loaded with vitamins, minerals, and fiber. But on our holiday tables, these super heroes are too often overwhelmed with butter and gooey sauces. You can help! Find your way to the center of the maze, where fresh green beans, ready to be steamed with healthful seasonings (and, if you insist, just a touch of butter!), are waiting for you to set them free!

Start here!



Learn more at www.CHOOSemyPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html



Monday, December 16

Breakfast

Assorted Cereal
Fruit

Lunch

Orange Chicken
Steamed Rice
Pacific Blend Vegetables
Fruit

Tuesday, December 17

Breakfast

French Toast Casserole
w/ Berry Sauce
Sausage Patty
Fruit/Fruit Smoothie

Lunch

Subway Sandwich with Honey Onion
Dressing on WGR Bun
Sandwich Sides
Carrot Sticks w/ Ranch Dip
Fruit

Secondary Second Choice

Taco Salad
Lentil Taco Meat/Lentils
WGR Tortilla/Tortilla Chips
Fruit

Wednesday, December 18

Breakfast

Grilled Cheese
Fruit/Fruit Smoothie

Lunch

Beef Steak with
Green Peas & Onions
Red Rice
Broccoli
Fruit

Secondary Second Choice

Banh Mi Sandwich
Pickled Carrots & Radish
Broccoli
Fruit

Thursday, December 19

Breakfast

Ground Beef &
Veggie Omelet
Steamed Rice
Fruit/Fruit Smoothie

Lunch

Chicken Alfredo Penne Pasta
Garden Salad with Carrots & Dressing
Lentils
Fruit

Secondary Second Choice

Taco Salad
Lentil Taco Meat/Lentils
WGR Tortilla/Tortilla Chips
Fruit

Friday, December 20

Breakfast

Pancakes with Syrup
Bacon
Fruit

Lunch

BBQ Chicken
Red Rice
Local Vegetables
Corn
Flavored Milk
Fruit

Secondary Second Choice

Breaded Chicken Bowl
with Mashed Potatoes & Gravy
Corn
WGR Roll
Fruit

Monday, December 23

**Holiday Break
No Public School**

Breakfast

Assorted Cereal
Fruit

Lunch

Chicken Lo Mein
Carrots
Broccoli
Fruit

Monday, December 24

**Holiday Break
No Public School**

Breakfast

Grilled Ham
With Fried Rice
Fruit

Lunch

Chicken Burger
Green Salad with Cucumber
Carrots with Dressing
Fruit



Last day
of PSS school:
Friday, Dec. 20

Classes
resume:
Monday, Jan. 6

Monday, December 26

**Holiday Break
No Public School**

Breakfast

Sausage Links
Steamed Rice
Fruit

Lunch

Beef Lasagna
Garlic Cauliflower & Spinach
Fruit

Monday, December 27

**Holiday Break
No Public School**

Breakfast

French Toast with Syrup
Sausage
Fruit

Lunch

Oven Fried Chicken
Red Rice
Corn & Local Vegetables
Fruit